Spaghetti

As a child, I probably could have eaten spaghetti every day. Not healthy at all, since it is mostly a grain meal. As an occasional treat, it won't hurt. Of course, if I had my way, I'd make my spaghetti almost healthy with mushrooms, onions, peas, carrots and broccoli, along with the beef or turkey burger. Oh, and no tomato sauce. I know one person who cooks just the noodles and adds a bottle of Italian dressing and calls it spaghetti. I'd just call that Italian noodles. Though, I'll admit, early on, I combined three recipes for my recipe today.

Pre Cook Preparation:

Marinate: Yes, after cooking

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Bake the burger ahead of time

Boil the noodles gently

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Contrasting colored wooden spoon

Potential Food Allergy or Intolerance:

Beef

Cheese (lactose)

Mushrooms

Onions

Pepper

Sausage

Spaghetti Sauce (Tomatoes)

Spices

Turkey

Meatless Preparation Avoid:
- Beef
- Cheese
- Sausage
- Turkey
- Substitute with: _____

Utensils:
- Can opener
- Drainer
- Large mixing bowl
- 2 wooden spoons
- Pan:
  - 3 quart sauce pan for the noodles
  - 8 inch frying pan for the burger

Ingredients:

Meat: Choose 2 pounds of:
- Beef burger, or
  - Turkey burger
    - Optional:
      - 1/2 pound sausage

Vegetables:
- Optional:
  - 15 ounces of carrots
  - 1/4 cup of cheese
  - 4 ounces of mushrooms
  - 1/4 cup onions
  - 15 ounces of peas

Other ingredients:
- 1 bottle of Italian dressing
- 1 jar of spaghetti sauce
- Dash of salt
- Spices such as pepper to taste
- Water

Preparation time: 10 minutes

Preparation:

Noodles:

1. Fill 3 quart sauce pan 3/4 full of water and set to medium until it boils.
2. Break the noodles into quarters as you drop them into the water, stirring constantly.
3. When the water once again reaches an almost boil, turn the heat to a lower number.
4. Drain the noodles when they have reached soft stage.

Meat:

1. Brown the turkey or beef burger in the 8 inch frying pan (add oil for turkey burger).
2. Drain burger, and pour into 4 quart mixing bowl.
3. Add:
   - 1 bottle of Italian dressing
   - 1 jar of spaghetti sauce
   - Optional ingredients:
     - Salt
     - 4 ounces of mushrooms
     - 1/4 cup onions
4. Mix well.
5. Set aside inside microwave (don't turn it on) to retain warmth.

Combine:

1. Add noodles to the meat mixture.
2. Stir well.
3. Add cheese, if desired.

Cook Temperature: Medium to low heat

Cook Time: 1 hour

Servings: 8 to 10

Storage Solutions: Square containers in individual servings

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.